


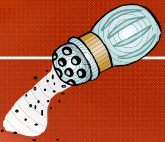
# Healthy Cooking Tips

Trouble adapting your family recipe to a healthier one? Want to make your favorite recipes lower in fat and/or lower in calories? There are many basic ingredients that can be substituted with healthier alternatives.

Substitute these common ingredients to lower **fat** and **cholesterol**:

Butter, margarine, shortening, or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil
Butter, margarine, shortening, or oil to prevent sticking	Cooking spray or a non-stick pan
Eggs 	¼ cup egg substitute or 2 egg whites per one called-for egg
Creamed soups	Fat-free-milk-based soups, or pureed carrots, mashed potato flakes, tofu to add thickness
Cheese, sour cream, mayonnaise, beef, salad dressing, and milk	Use low fat and/or low calorie versions of each of these ingredients

Substitute these common ingredients to reduce **sodium**:

Seasoning salt (i.e., garlic salt, celery salt, onion salt, steak seasoning)	Herb-only seasonings like garlic powder, onion powder, or finely chopped garlic or onions
Dressings, sauces, crackers, canned meat, soups, etc.	Low or no-sodium versions of these ingredients
Soy sauce 	Low-sodium soy sauce, hot mustard, sweet and sour sauce
Table salt	Herbs, spices, fruit juices, or salt-free seasoning

Substitute these common ingredients to reduce **sugar**:

Canned fruit in syrup 	Fresh fruit or canned fruit in its own juices or in water
Fruit flavored yogurt	Low-fat plain yogurt and fresh fruit 